

Gacmaha Nadiifka ah Waxay Badbaadiyaan Nolosha!

- Waxaa wanaagsan in gacmahaaga lagu dhaqo saabbuun iyo biyo qandac ah muddo 20 sekan.
- Marka aan biyo la heli karin, isticmaal maadooyinka ku saleeysan alkolada (nadiifiyeasha).
- Dhaq gacmaha ka hor inta aadan diyaarinin ama aadan cunin rashiinka iyo kaddib marka aad tagtid suuliga.
- Nadiifinta gacmahaaga waxay kugu kaalmeeysa in aad iska ilaalisid cudurka.

Goormaa loo baahan yahay in aad iska dhaqdid gacmahaaga?

- Ka hor inta aadan diyaarinin ama aadan cunin rashiinka
- Kaddib marka aad tagtid suuliga
- Kaddib marka aad badashid xafaayadda ama aad nadiifisid cunugga tagay suuliga
- Ka hor iyo kaddib marka aad xanaaneysid qof jiran
- Kaddib marka aad gacmaha la gashid rashiin aan la karinin, qaas ahaan hilibka ceyriinka ah, digaagga, ama mallaayga
- Kaddib marka aad nadiifisid sinkaaga, qufacdid, ama aad hindhistid
- Kaddib marka aad gacmaha la gashid xoolo ama wasaqda xoolaha
- Kaddib marka aad gacmaha la gashid qashin
- Ka hor ama kaddib marka aad daaweysid nabar ama dhaawac
- Kaddib marka aad gacmaha la gashid waxyaabo ay calwiyeen daadka ama wasaqda bulaacadaha
- Marka gacmahaaga ay si la arki karo u wasaqaysan yahiin

Isticmaalka nadiifiyeasha ku saleeysan alkolada

- Marri maaddada sacabka hal gacan
- Isku rug gacmaha
- Marri maaddada dhamaan gacmaha iyo faraha ilaa gacmaha ka qallalaan.
Xasuus: mugga loo baahan yahay in lagu dhimo tirada jeermiga waxay ku xeran tahay maaddada.

Ku dhaqidda saabbuunta iyo biyaha

- Geli gacmahaaga oo wada jira biyaha hoostooda (biyo qandac ah haddii ay suurogal tahay).
- Isku rug gacmahaaga ugu yaraan 20 sekan (marri saabbuun haddii ay suurogal tahay).
- Dhaq gacmahaaga oo idil, sida kalagoyska hoose, sacabka, gacmaha dushooda, iyo hoosta cijiyada.

- Nadiifi wasaqda ku jirta cijiyada hoostooda.
- Raacsii saabuunta ku hartay gacmahaaga.
- Shukumaan ku qallaji gacmahaaga si dhameeystiran haddii ay suurogal tahay (tan waxay kaalmeeysaa ka saaridda jeermiga). Hase ahatee, haddii aadan heli karin shukumaan waa hayaag in aad hawada ku qallajisid gacmahaaga.
- Tartiib u taataabo maqaarkaaga bedelkii aad ruggi lahayd si aadan u gooyin ama aadan u dilaacinin.
- Haddii aad isticmaashid shukumaanka la tuuro, ku tuur qashinka.
Xasuus: Haddii aan la heli karin saabbuun ama biyo, isticmaal nadiifiyeysaasha ku saleeysan alkolada.